

# Hilary Waller - Postpartum Depression & Related Disorders

Faculty:

Hilary Waller

Duration:

6 Hours 20 Minutes

Format:

Audio and Video

Copyright:

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## Description

It's not a topic that comes up at play groups or over coffee. Instead, 1 in 7 new mothers prefer to suffer quietly, engulfed in shame and secrecy, afraid to dispel the ever-present myths about motherhood – “everything is perfect”, “I love being a mother”, and “this is the happiest time of my life”.

She doesn't share the dark thoughts, intense anxiety, scary intrusive thoughts, checking excessively on the baby, feelings of inadequacy, grief over her former independence, thoughts of harming herself or the baby, and even delusions and hallucinations.

**Perinatal Mood and Anxiety Disorders (PMADS), are real, pervasive, and life-threatening.**

Are you missing the signs with the women you treat?

Watch this compelling recording and gain tools to intervene during a critical period that does not offer the luxury of time.

Postpartum women are exceptionally vulnerable, as are their infants who are fully dependent on them. And given that suicide is the 2nd leading cause of maternal death, this recording is a must-watch for any professional working with pregnant or postpartum women.

## Handouts

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Manual – Postpartum Depression & Related Disorders (20.7 MB)

79  
Pages

Available after  
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## Outline

## **The Clinical Profile of PMADs: (Perinatal Mood and Anxiety Disorders):**

- What causes postpartum mental health disorders?
- The “perinatal masquerade” and illusion of perfection in motherhood
- Why “perinatal” is a multi-decade stage in life
- What makes mood disorders during this period unique
- Breaking through guilt, shame and silence
- Limitations of the research and potential risks

## **PMAD Screening and Assessment**

- Are you asking the right questions?
- Red flags: What to look/listen for each time you see her
- Evidence-based assessment tools
- Differential diagnosis: The PMAD spectrum
  - Depression, Anxiety, OCD, PTSD, psychosis
- The Postpartum Stress Center PMAD Response Model
- How to respond if she discloses thoughts of harm to herself or the baby
- Where and how to refer to a specialist/higher level of care

## **Clinical Interventions for Mothers Who are Symptomatic, Exhausted, and Preoccupied**

- How treatment differs for this population
- Create a safe “holding environment”
- Help her break through guilt, shame and silence
- Navigating scary intrusive thoughts
- Practical interventions for busy new moms
- The perinatal family: Identify and engage necessary supports in treatment
- Tools for healing the perinatal intimate partnership
- Psychotropic medications: Safe for pregnant or nursing mothers?
- Collaborative care with other providers
- **Videos:** *Beyond the Fear & Voices of Recovery*
- **Exercises:** Token assessment and case examples

## **The Nuanced Experience of the Perinatal Clinician**

- Managing countertransference
- Ethical decision making: Breaking the rules and self-disclosure
- Collaboration and collegial support

## **Special Considerations**

- Feeding issues: Breastfeeding and/or bottle
- Infertility/Assisted reproductive technologies
- Trauma

- NICU
- Perinatal grief and loss
- When PMADs are left untreated or present later in motherhood
- Multicultural factors

## Faculty

### Hilary Waller Related seminars and products: 2

The Postpartum Stress Center

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**Hilary Waller, MS, LPC**, is a psychotherapist who specializes in the treatment of perinatal mood and anxiety disorders. She is the Director of Education and Programming at The Postpartum Stress Center outside of Philadelphia, which was founded by renowned perinatal expert Karen Kleiman and was listed in Philly Magazine as a “Center of Excellence” for Maternal/Fetal Care in 2008. In addition to providing direct care services to individuals, couples and groups at the center, Hilary serves as an instructor providing a quarterly 12 CE hour post-graduate training for clinicians across the US and abroad who want to specialize in treating the perinatal population. Hilary also conducts workshops and trainings for maternal mental healthcare providers as well as non-clinical staff working with the perinatal population. Hilary completed her master’s degree in counseling psychology from Holy Family University in 2013. Hilary is deeply honored to support new parents as they navigate the challenges pregnancy and parenthood present.

#### **Speaker Disclosures:**

Financial: Hilary Waller has an employment relationship with The Postpartum Stress Center. She receives a speaking honorarium from PESI, Inc.

Non-financial: Hilary Waller is a member of the American Counseling Association; National Certified Counselor; and the Postpartum Support International.

## Proof Content

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